The Guide to Full Body Sensual Massage for Men

Creatrix
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My Intention

I am delighted to have your attention. **Attention is one of the most precious gifts we have to give.** So, thank you.

Here is what I want for you: exquisitely divine sensual experiences where you leave feeling filled up, strong, confident, and blissed out. Where your partner feels the same. Where you both can leave feeling fulfilled and not attached.

I want you to feel seen and felt, like you have been recognized and approved of for your fullness and your humanness.

I want to help you be in your truth and power whatever that may be for you.

So, to start, we will need to look at all parts of the experience of being human. We have big shadows darling.

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This is me, le Violet, thinking about how much I love shadows 😊 You will have to read all the way through to learn more about me!
Simple Steps for Sensual Massage

Here are the super simple steps for giving a sensual massage and an overview of what is in this guide.

1) Shadow work
2) Set the stage
3) Communicate about what the session will be and what boundaries are
4) Run the session, including beginning, middle, and ending
5) Offer way for partner to wash up

Alrighty then, let’s get into it….
Get Yourself Straight

Fun one!!

I like to work with beginners. You know why? They are the most humble. I think it is this Buddhist concept of the Beginner’s Mind. The mind that is free from preconceptions and open to learning. Teachability. Open to looking. I know you have that even if you are not a beginner. That’s why you are reading this.

**Intimacy is playful connection without attachment.** We want it so bad and it is wrought with triggers and attachment. The first step is being aware in your body of your particular trigger spots. Then leaning into them, looking at them, and allowing the patterns to unravel.

Before engaging in sacred work, please please work with your shadows. Actually, shadow work is one of my very favorite things. It is merrily delightful once you dive in and see what all is there.

*Be clear about your intentions and motives. First within and then to share. Be clear about them with yourself and then honest with prospective partners. There will be others who want that also. You have nothing to lose but drama and heartache by being honest.*

Here are some questions I would like to ask you ~~ your answers will help you get straight ~~ all answers are OK

1) What are your motives for giving massage? For giving pleasure in general?

2) Are you attached to the outcome (do you want to pat yourself on the back for being the bringer of best-ever-pleasure)?

3) How do you feel about being present, connected, and unattached?

4) How do you feel about play? Can you relate to intimacy being adult play?

5) What are you getting out of it?

*All the answers ARE ok. Really. Just be with them.*
What Is Sensual Massage?

Sensuality literally means of the senses. Barring certain circumstances, most humans have the five senses we all know about: sight, touch, taste, smell, and hearing. So sensual massage means bodywork with a focus on our senses. It has to do with bringing physical pleasure.

**Sensual massage has the capacity to melt both the giver and the receiver into the ethers.** The ether is the place where most of us want to be at least some point in our lives, where there is no separation between ourselves and all of creation. Many people use intoxicants to experience this. With that method, there are many side effects as we know. Sensuality and sensual massage leave us with feelings of bliss and happiness, closer connections, and the ability to give and receive pleasure – a birth right as a living, breathing mammal human.

On a practical level, sensual massage incorporates many types of strokes and is intuitively led. Later in this guide, I will go into a few different techniques. Each technique has depth and you can gain more from research and more importantly, experience.

*Sensual massage can be very exploratory and usually trancy if you 1) let go and 2) have no expectations.*

Types of Sensual Massage

Often the word sensual gets interpreted as sexual. While sensual massage can be sexual, it is not a requirement. Sexual would be techniques specifically for the genitals, so yoni, lingam, and anal massages. Breast and nipple techniques *could* also be included here though that is a fine line. There are circuits that connect from the nipples to the genitals with the right stimulation.

One very arousing way of doing sensual massage is to brush past the genitals, get really close, but stay at the teasing level. Especially for women who often do not want to be penetrated or feel like they may be penetrated, it is lovely to tease. Many women have very active vigilance centers in our brains. Product of evolution and conditioning.

So, again, check in with your level of enthusiasm and unless specifically asked, do not penetrate or dwell on the genitals too much. Matter of fact, if you want to be invited back again, get control of your energy and into the art of arousal. This does not mean manipulate! It means you actually are not in it.
for yourself and so you have your power intact and grounded. The pre-orgasmic state is very powerful.

When motives are present (example: you are doing this thing so you can have some sex), they become more powerful than your consciousness.

This turns into attachment to some particular outcome and a few things happen:

1) your partner can sense it and it can be a big turn off and

2) you lose satisfaction of being able to give pleasure and be in whatever is in the moment. It becomes more of a goal-oriented activity (also known as WORK 😊)

….I know you work enough already sooo….

Now, yoni or lingam massage can be a very beautiful and healing part of the whole experience. It just needs to be clarified upfront before safe space is created.

If you don’t feel ready to communicate that directly, then you are not quite ready to do it.

If both people are on board, yoni massage is the massage of the vulva and outer labia, and can extend to the perineum and upper inner thighs. For the purposes of sensual massage, I do not recommend any penetration at all. Stay on the outside. Deeper levels of yoni massage are possible but there is more that goes into that than I can cover here.

Use flowing strokes, circular strokes, and plenty of oil to keep the flow going. Work from the legs up to the heart and shoulders and back down again in one long stroke.
In my experience as a woman, this type of no-pressure yoni massage is relaxing and healing. Any kind of exploring beyond the outside without prior consent is usually not welcome and a major turn-off. And prior meaning before any massage takes place. Now each woman is different and that is why I can’t say enough about checking in.

**Oh, and orgasm isn’t the goal. There is no goal.**

So there is *full body sensual massage* which can include genital and breast massage but certainly doesn’t have to.

There is *erotic massage* which would be drawing upon the sexual energy more and would include some genital massage and perhaps, stimulation.

Then there is *Tantric bodywork* which is more like a personal, guided yoga session with breath work, mudras, and meditation through the chakras.

**Sensual versus Sexual massage**

So don’t assume that she wants sexual massage. Going for the yoni or anus, without clear reason to do so, would probably be the only way to have a disaster. The only clear reason to do so is if that was what was requested and agreed upon upfront or if she asks during the session and you feel good about it. Err on the side of playful teasing as a more effective technique though.

> **DON’T CONDEMN SENSUALITY. IT HAS BEEN CONDEMNED BY THE WHOLE WORLD, AND BECAUSE OF THEIR CONDEMNATION, THE ENERGY THAT CAN FLOWER IN SENSUALITY MOVES INTO PERVERSIONS, JEALOUSY, ANGER, HATRED — A KIND OF LIFE WHICH IS DRY, WITH NO JUICE. SENSUOUSNESS IS ONE OF THE GREATEST BLESSINGS TO HUMANITY. IT IS YOUR SENSITIVITY, IT IS YOUR CONSCIOUSNESS. CONSCIOUSNESS FILTERING THROUGH THE BODY IS WHAT SENSUSINESS IS.**

_Osho_
Stage Set: the Nest

Setting intention

Honestly, the only thing we can hope for from each intimate interaction is the experience of connection. The electrifying dissolution of self into another and into all that is. Spontaneously healing wounds and stories carried around since forever.

And maybe just nothing that exciting. Maybe realizing that each moment is the moment and letting go of expectations.

Setting the intention to be open to whatever needs to come through allows you to be a conduit for the universe. Strengthening intuition will allow you to hear the prompts from the universe.
Gathering supplies

Sensual massage can be elaborate, including baths and oil blessings, and it can also be very simple.

Here is a simple list of supplies:

- high quality oil (grapeseed, jojoba, and coconut are good choices)
- candles
- dim lamp
- incense (natural is best)
- massage table or bed you can move comfortably on (massage tables end up being way better if you would like to do this often)
- sheets for over table or bed that you don’t mind being stained with oil
- music

Communication

Communication is paramount. Start with a conversation about what their desires are and what they most like to explore. Ask them what drew them to you and this work. Or let them know what drew you to this work. Talk about sexuality, boundaries, and fears.

Creating Sacred, Safe Space

So the vigilance center.

The feeling of safety, that boundaries will be respected without question or persuasion, that they can let go and trust, and that there are no hidden expectations, is absolutely key to a blessed experience.

Sacred space is firstly safe, in that the receiver knows they can let go and be held. It is then warm, smells nice, and feels nice. The intention is healing, pleasure, and connection with NO strings attached and NO expectations. Can you do it? Yes you can.
Here are a few ways to create this:

- Have your shit together – meaning your mental space. It’s ok to be nervous or whatever you are, of course! I mean leave your expectations at the door and open up to the magic in the unknown.

- Discuss upfront what will happen, their level of comfort with undress, areas to touch and not touch, and any other questions that you have. Yep, you have to clearly communicate and don’t back down at the uncomfortable spots. We haven’t been taught to communicate like this and it may feel full of charge in your body. Sit with that and ask anyways. It is breaking societal karma and important work. Thank you for engaging in it.

- Frame your session with beginning, body, and closing ritual. Tune in with your partner to begin. A good way to do this is with some synchronized breathing.

- Light candles, incense, have music playing, a warm space, and extra sheets or towels to provide cover if desired.

Sensual Massage Techniques

Massage and bodywork are taught best in person, so I will give some ideas here but please do get some in-person training. Intuition, communication, and practice are also effective ways of feeling more confident.

Basic sensual massage technique is to use long, flowing strokes or effleurage technique. The pressure can vary from medium to feather light. You can work from the feet up or from the base of the spine out. Generally sensual massage includes caressing the front and back sides of your partner.

Varying from deeper to super light touch is stellar and stimulating.

It is good to use lots of oil to keep the motion flowing. As the masseuse, put your body into it like a dance. If you feel stiff, do some stretching beforehand. The more flowing you are, the more the energy can keep moving.

Figure Eights

Start at the base of the spine and work in figure eight motions going from side to side. Work the whole back with these motions. Then begin to pull energy down from the shoulder area to the base of the spine with a long stroke from each side. When at the spine, spin it in a clockwise motion using the hands to make a swirl.
Pulling up from the earth

Use long flowing strokes from the ankle to the base of the spine, once again whirling it in with the hands.

Feet

Now go back to the feet and give a nice massage there, using pressing and rubbing techniques. Ask about pressure. Pressure points on the feet are super delightful and connect to all areas of the body.

Reading Your Partners’ Energy

Ok, this is where we get subtle.

Practicing tantric techniques of breathe work, mantra, mudras, meditation, and somatic training enhances your responsiveness to sensation. Sensation is the language of the soul and body. Many sensations are super subtle and go unnoticed, especially when beginning to be aware. Many are suppressed as uncomfortable. Some are exaggerated. The more you tune into these sensations in yourself, the more open you are to other’s energy fields. Drop into meditative space while doing your massage to access information in the other realms.

You can literally connect with your partner while doing bodywork and hopefully will do so. Make sure you are bringing energy up from the earth and down from the sky, circulating it through your lower three and upper three to the heart and working from that space.

The breath is very helpful for riding the waves and staying in sacred space.

Circular breathing is a great basic one to keep you grounded.

It goes like this: breathe in through the nose and out through the mouth with a sigh, allowing yourself to make noise or sound with the exhale.

Try to do this throughout the session and encourage your partner to do the same.

The whole ‘treat her like a goddess’ is cliché as hell but when understood literally, makes a ton of sense.

When you approach your partner as if she is sacred, you align with the fact that she is sacred and you are too.

Then you open yourself to the subtle dimensions as a priest, healer, daka.
Riding the waves

Once you enter the subtle dimension, many images, sounds, colors, and sensations may come up for you. It is likely to be a mixture of your own healing and shit and your partners as well as a unique dynamic between the two of you. With every pairing there is a unique dynamic that is created. Isn’t that magical to consider? You and I would have an energy field unlike anyone else’s.

Do you have a friend that every time you see her you two just laugh and laugh? And then another friend where the topic is usually about life and death or other heavier matters? It's like that on the subtle levels too.

Working with the chakras

Working with the chakras is a deeper modality of sensualism and indeed is more tantric. The idea is to move energy from the lower three and upper three chakras to the heart – the electrical center of alchemy.

The Ending

When you are finished (and it should be timed generally – having a clear ending creates safety), have a briefing about each of your experiences. I find doing frames is an excellent way to closing.

Frames are where each partner notes a moment in time from a sensation-based perspective. This keeps the process in the body and out of the mind. So a frame would note the color, texture, pressure, and other sensations. A story would give an emotion, thought, judgment, or conclusion.

Gently stay out of stories and into sensations.

After frames, if any questions or thoughts came up, now is the time to discuss.

Finally, give your partner a chance to wash off the oil or use a towel to do so.
Who am I?

Violet Magdalena Platt.

I am sharp and edgy and also sweet and soft.

I have worked with hundreds of clients in tantric bodywork, sensual massage, and counseling and coaching. My work has led me to many realizations and one is (is this obv to you guys?) that men LOVE to give sensual massage and pleasure. Maybe even more so than receiving.

Along the way, I have been sharing some basic but critical practices to make intimacy more fun and less of a struggle. And also! Sensuality is where it’s at and it is mostly a misunderstood conundrum. So I talk about that a bunch.

My intention for this guide is to provide men with a good grip on how to please your partner(s), create more connection, and enhance your self-esteem when it comes to being a guide to pleasure.

Hope you loved this guide and that it was uber helpful to you! Let me know what you think. Email me.

Also be on the lookout for my upcoming Men’s Healing and Mastery NeoTantra Online Course.

Peace.

~Violet